

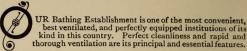


ELECTRIC CARS PASS THE DOOR AND CONNECT WITH ALL PARTS OF THE CITY



CONNECTED WITH THE HOTEL

BISHOP ENG. 8 PTG. CO. MONTHEAD



We beg the reader to follow us in the description of the different stages of a properly administered Turkish and Russian Bath; we will endeavour to convey to him an impression of its luxuries and benefits, and he will note the careful graduation of temperature to which the bather is subjected, which preclude the possibility of danger of taking cold, etc.

When disrobed and ready for your bath, with a wrap about your loins, you are led to the first hot room, the temperature of which varies between 130 and 140 degrees. There you remain, lounging or reading until the pores of your body are opened sufficiently to induce a free perspiration. Adjoining this room is one in which the heat is increased to 165 degrees, and into this you are taken in case you do not perspire profusely enough in the first room. After leaving the hot rooms, you can, if you so desire, enter the steam or Russian Bath Room, which is kept at a temperature of 120 degrees. This is specially recommended by physicians to those suffering from colds, bronchial or otherwise. After receiving the benefits of the steam room, you are taken to the first massage room. Here is a temperature of about 100 degrees. You are there thoroughly manipulated and scrubbed with brush and soap. After this external purification follows a shower bath, which beginning with warm water, to thoroughly cleanse the body of soap, becomes gradually cooler until the temperature of the body becomes normal. Now you are ready for a plunge in the tank, if you so desire.

Our tank room is spacious. There is a great oblong tank or swimming bath of 60 feet in length, and 20 feet in width. The sloping bottom of the tank affords graduated depths for the swimmer, varying from 3 to 8 feet. The temperature of the water is 70 degees, and a sudden plunge into it is stimulating and exhilarating. After disporting yourself for a while in the tank, you can, if you so desire, enter the needle shower room which is fitted with a liver and kidney spray, a jet, a douche, and other appliances for special needs.

By this time you are ready for the drying room, and here in a temperature of 80 degrees, you are rubbed dry with soft Turkish towels. As the strong, supple fingers of the attendant pass swiftly but lightly over the body, a sense of comfort and repose is the imediate result. Returning to the spacious cooling room, where the temperature is 80 degrees, you are wrapped and placed on a reclining couch, where you may enjoy a cigar, a cup of the best French coffee, or, better still, a refreshing nap.

For those wishing to remain all night, elegant sleeping rooms are provided, where the guests receive the same service and attendance which the best hotels can offer.

In connection with our bathing establishment will be found the best attendance, as well as a skillful and professional masseur. A lady superintendent is in charge of Baths in the hours reserved for ladies.

## The need of a Curkish Bath

You are not in the habit of taking the Turko-Russian Bath, and no doubt you consider yourself clean? Will you try a simple experiment? After your daily "Tub," will you slowly rub your finger tips with moderate pressure, back and forth, over the skin or your body while you simply count fifty? Will you, at the end of your counting look at the elliptical rolls of dead scarf-skin that have rubbed up from your body? We feel sure that you will admit then that something more than "tubbing" is needed by the civilized wearer of clothing who desires to be both cleanly and healthy.

## Well Known Effects of a Curkish Bath

The first physiological effect is to perfect the respiratory function of the skin, to give a living and healthy article. The skin is thus fitted for imbibing the oxygen of the atmosphere, throwing off the carbon from the blood—two most important processes. When we consider that the skin is provided with no less than seven million pores designed to assist the several secretive organs in discharging refuse matter from the system, some idea can be formed of the importance of keeping it in a perfectly healthy state. To a person liable to take cold from exposure to slight draughts, the feeling of defiance to cold imparted by the Baths is one of the most striking results. The habitual use of these Baths, remedies this, giving at the same time beauty to the skin and health to the body.

Tukish Baths cleanse and strengthen the skin more perfectly than any other process. They produce perspiration with all its benefits, un an easy and natural manner. They equalize the circulation of he blood and relieve congestion. They purify the blood naturally and effectually and without any injurious results. They promote d gestion, assimilation and nutrition. They give exercise without exhaustion or fatigue. They strengthen and develop the muscular system. They soothe and quiet the nervous system and induce sleep. They rest the weary and relieve the careworn. They preserve health and prevent disease by establishing and sustaining vigorous bodily conditions. They remedy diseased conditions where they exist, by accomplishing the above results,

The Turkish Bath is considered by those who know, as one of the greatest luxuries of life, and one of the most effective means of regaining and preserving health and strength, preventing and curing colds, malaria, rheumatism, etc., and prolonging life. In one word, its benefits are incalculable, intensifying health, driving away melancholia and removing the craving for artificial stimulants. It has even become a question not what the bath will cure, but what it will not cure.

## Perspiration not Weakening

It is common to associate profuse perspiration with debility, and to imagine it to be weakening to the system. This is a big mistake. Perspiration induced by passive means cannot weaken. Travelers resort to the Baths for refreshment and invigoration. Perspiration drains away no living tissue but merely poisonous matter that is highly injurious to the system and in the loss of which the bather is the gainer in many ways.

# \_\_\_. . Ladies . . .

need these baths even somewhat more then gentlemen, and are more benefited by them, owing to their living more closely confined in-doors, having less exercise, etc.

In diseases and irregularities incident to the sex they are invaluable. In colds, malaria, neuralgia and rheumatism their curative effects are astonishing.

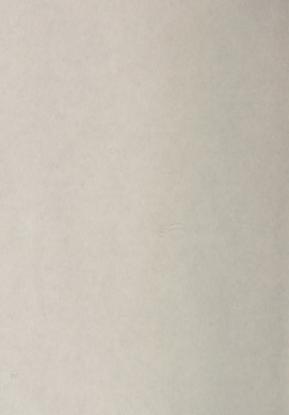
## The best time for taking these Baths

is that which will least interfere with the process of digestion, for instance before meals. One hour should elapse after eating lightly, and at least two hours after dinner or a hearty meal. The time generally required for a bath is one hour, though the process may be shortened or prolonged at will.

The frequency with which the bath may be taken depends upon the object in view In general for those in health, it should be taken at least once a week. For invalids, or as a remedial measure the frequency must be regulated by a medical adviser who understands its effects and proper application.

> A. RESTHER, Manager.

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# PLACES OF INTEREST

| Citadel-height 350 ft.       |
|------------------------------|
| Grand Battery                |
| Place d'Armes                |
| Esplanade                    |
| Martello Towers              |
| Durham and Dufferin Terrace  |
| Governor's Garden            |
| Monument to Wolfe & Montcalm |
| House where Montgomery was   |
| Wolfe's Monument [laid       |

Montcalm's Headquarters
English Cathedral
The Basilica
Ursuline Convent
Notre Dame de Victoire Church
—huilt in 1668

Laval University
Parliament Buildings
Montmorency Falls—275 ft.

Natural Steps

### ... DRIVES ...

Saint Louis and Saint Foye Roads Indian Village of Lorrette and Falls Lake St. Charles and Lake Beauport

#### MEMORABULA

| MEMORABILIA  |           |      |
|--|-----------|------|
| Jacques Cartier landed on the banks of the St. Charles | Sept. 15, | 1535 |
| Quebec founded by Samuel de Champlain -                | July 3,   | 1608 |
| Quebec surrendered to Admiral Kirk                     | - /-      | 1626 |
| Quebec returned to the French                          |           |      |
| Death of Champlain, first Governor                     |           | 1635 |
| Quebec beseiged by Admiral Phipps                      |           | 1690 |
| Battle of the Plains of Abraham                        |           |      |
| Capitulation of Quebec                                 |           |      |
| Battle of St. Foye- a French victory                   |           |      |
| Canada ceded by treaty to England                      |           |      |
| Blockade of Quebec by Gen. Montgomery & Arnold,        |           |      |
| Death of Montgomery                                    |           |      |
| Retreat of Americans from Quebec                       | May 6,    | 1776 |



## A DELIGHTFUL HOTEL

For Tourists while Visting the Old Fortress City.

One Block from the Grand Battery
Overlooking the Beautiful Valley of the St. Charles River
A Picturesque Panorama of Beauty and Grandeur

ROOMS WITH BATH AND ENSUITE.
RATES: \$2.00 TO \$3.00

# Turkish Baths Russian Swimming

Expert Massage Operators and Swimming Instructors
Lady Superintendent in charge of Baths
on Ladies Days.

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OPEN DAY AND NIGHT.